



Abel Kelly wins the ABPA title of “Mr. Aruba” 2005

The tension was palpable as Master of Ceremonies Robbie Thielman presided over the annual Aruba Bodybuilding and Powerlifting Association championships in the Renaissance Convention Center on Saturday night. As competitors flexed their well-defined muscles, and audience that filled the huge room yelled and whistled their appreciation for the dedication to the art of bodybuilding displayed on the stage that evening.

A panel of ten judges headed by Rosalinda Perez, from Venezuela, of the I.F.B.B, the International Federation of Bodybuilding. Contenders performed an individual freestyle posing routine choreographed to music, then all the competitors in a particular category went through required poses as demanded by Judge Perez. After that the fun really starts, as a one minute “pose-off” which and only be described as a wild free-for-all where the bodybuilders vie for position and try to out do each other, finishes the round, and the audience shouts encouragement to their favorites.

This year’s competition also included the new category of Kid’s Fitness, won by Jocelyn Henry , the only contender, but performing a very entertaining routine. In other women’s events Juneda Wess won first place in Body Fitness, and Ysmary Villalobos took home the title of Me. Aruba Bodybuilder 2005.

The other top winners in the individual divisions were Herman Girigoi, Mr. Beginner; Fons Dirksz, Master; Hemradj Mulai, Light Weight; Kindermann Gonzalez, Middleweight; Abel Kelly, Light-Heavy Weight; and Juan Carlos Vassar, the sole competitor in the Heavyweight division, took first place. Lucky for him he wasn’t competing against Australia’s #1 Bodybuilder, 2005, Big Luke Wood, who had traveled to Aruba all the way from the land down under to lend his presence and grace the stage as guest poser during this years championships. He gave a charismatic, electrifying performance, a learning experience for the Aruban contenders of professionalism and entertainment, captivating the audience. After an initial, impressive display, his mood changed to playful when a reaggaton song came from the loudspeakers and he hopped off the stage, and made his way around the auditorium, jumping on chairs and striking poses, while WAW picture phone and cameras clicked away. In the best sense of the phrase he gave the audience “a run for their money” and the audience was delighted and appreciative.

In a brief address, Mr. Wood thanked the Aruban people for welcoming him to this event and their beautiful island, claiming them to be “the most hospitable and friendly people I have ever been fortunate enough to meet.”

The exciting evening ended with the final pose-down between the first place winners for the overall winner, and Abel Kelly, Light Heavy-Weight winner took the title of Mr. Aruba, along with the trophy for Best Legs. The Best Performance winner was Adolfo Gonzalez, second place winner in the Middle Weight Division- who further proved his showmanship with a great display as he hoisted his trophy.

The various division winners will likely go on to the IFBB competitions that will take place in the Renaissance Convention Center at the end of September, and Able Kelly will officially represent Aruba in this prestigious competition that will grace our shores again for the first time in nineteen years.

Bodybuilders from all over the Caribbean and Latin America will be traveling to Aruba to compete, and it promises to be an exciting event. Congratulations to all the Aruban winners, and good luck in the IFBB Championships!